

Dear Parent,

Today, talk as a family about what it means to be kind.
Watch ReadyRosie “Super Kindness” video (2 minutes):
<https://app.readyrosie.com/en/teacher/videos/500>
(If link doesn't work, type in 'Super' on the ReadyRosie library screen)

**When children
view themselves as
kind, their actions
will reflect that.**

Your child's school read, "**The Kindness Quilt**" by Nancy Elizabeth Wallace
An online viewing of the story: <https://www.youtube.com/watch?v=WbC2mx4d8I4>

Being kind helps your child build connections to others and increases a sense of well-being and happiness. Come up with specific acts of kindness you can do at home. As a family, choose one random act of kindness to do together each month. Make a list of ways to be kind at home. Hang the list somewhere that everyone in the family can see it as a reminder to be kind to one another. There are many ways to practice kindness together! Look at the list of ideas from

Choose Civility Howard County campaign:

[Random Acts of Civility: A Year of Kindness in Howard County](#)

Why It's Important: Your child probably does kind things all the time without even realizing it. Pointing out specific examples of what kindness looks like and sounds like will help your child understand kindness better. Remember that social and emotional skills such as friendliness or kindness need to be taught and practiced just like any other skill.

**ReadyRosie is a great parenting resource with many ideas to make learning with your child fun!